



StayWell@Work

# Monthly Strides

## Taking strides to better your health

### July Issue Includes

- **National Therapeutic Recreation Week (July 19-25)**
- **UV Safety Month**

### UV Safety Month

According to the American Academy of Ophthalmology, the UV radiation in sunlight can damage eye tissue. It may cause blindness, cataracts and macular degeneration. Sun exposure is greater when it's reflected by water, snow or concrete, so use sunscreen and wear sunglasses even while sitting under an umbrella.

Sunglasses that provide 99 to 100 percent protection from UVA and UVB rays are recommended. Sunglasses with dark lenses are not always better. A special coating makes the difference.

Visit StayWell Online at <https://delaware.online.staywell.com> and type "sun" in the Search box to find out more.



### National Therapeutic Recreation Week

The purpose of National Therapeutic Recreation Week is to enhance public awareness of therapeutic recreation programs and services and expand recreation and leisure opportunities for individuals with disabilities.

Here are 5 ways to help utilize the parks in your area:

1. **Volunteer at your local park** – whether it's for regular clean up days or as a sports coach, departments need volunteers year round so pitch in.
2. **PLAN** a vacation in your backyard - Save gas and money by **USING your parks and local facilities**. Park and recreation agencies have plenty to offer a community (pools, golf courses, rec centers, trails, etc.) so be sure to use them regularly.
3. **RESPECT your parks** by organizing a "Friend's of the Park" group or join one if it already exists.
4. **FAMILIARIZE** yourself with playground safety - check to see if your local park playground or even the one in your very own backyard is safe.
5. **REVIVE Old Traditions** - Help children discover nature and spend more time outside. Collect lightening bugs at dusk, make a leaf collection or keep a tree log.

Visit [www.nrpa.org](http://www.nrpa.org) to see how you can get involved with activities in your community.

